

**Houghton Park**

6301 Myrtle Ave

Long Beach, CA 90805

Phone: (562) 570-1640

Houghton Park - Senior Program**September 2017****Hours of Operation: Monday - Friday 9:00a.m. - 2:00 p.m.**

Our staff is committed to maintaining a safe and productive environment for people 50 years of age and over who are participating in the Senior Program.

Special Events/Services

- * Jewelry Class, 9/7 & 9/28, 12:30pm, \$3
- * Mini - Craft, 9/15 & 9/26, 12:30pm
- * Hello Fall Celebration, 8/25, 11am

Daily Activities

Monday - Friday

- Open Computer Lab, M - F 9 am - 2 pm
- Cardio & Weight Room, M - F 9 am - 2pm
- Light Chair Aerobics, M/W/F 9 am - Free
- Knitting Circle, Monday, 12pm - Free
- Tai Chi, M/W 11:15 am - 12:15 --Free
- Water Aerobics @Jordan, T/Th, 11am-Free
- Quilting Class, 1st & 2nd Tue, 10 am - \$2
- Card Making, 2nd Thursday, 12:30 pm - \$2
- Bingo, Fridays 10 am - 11 am - Free
- Yoga, Fridays, 9am, Free

Activities Subject to Change Without Notice

HSA - Human Services Association Senior Service Department "Where Caring Becomes Doing" Dining Mon-Fri, 11:30 am
(562) 428-6538

Monday	Tuesday	Wednesday	Thursday	Friday
				1 • Chair Aerobics • Yoga • Bingo
4 <u>Closed</u> Enjoy Labor Day!	5 • Quilting Class * Lincoln Heritage • Water Aerobics	6 • Chair Aerobics • Tai Chi * Mini - Craft	7 • Water Aerobics • Card Making	8 • Chair Aerobics • Yoga • Bingo
14 • Chair Aerobics • Tai Chi * AltaMed Screening	15 • Quilting Class • Water Aerobics	16 • Chair Aerobics • Tai Chi	17 • Water Aerobics	15 • Chair Aerobics • Yoga • Bingo
18 • Chair Aerobics • Tai Chi	19 • Quilting Class • Water Aerobics * PGIA Blood Pressure	20 • Chair Aerobics • Tai Chi	21 • Water Aerobics * Jewelry Class	22 • Chair Aerobics • Yoga * Luau Celebration
25 • Chair Aerobics • Tai Chi	26 • Quilting Class • Water Aerobics	27 • Chair Aerobics • Tai Chi * Mini - Craft	28 • Water Aerobics	29 • Chair Aerobics • Yoga * Luau Celebration